



DISTRACTED DRIVING

Stay Focused on the Road

Distracted driving is a factor in 80 percent of all motor vehicle crashes in the United States. Drivers may become distracted by many things when on the road, but cell phones are the biggest problem. Drivers talking or texting on their phones contribute to thousands of motor vehicle crash deaths each year.

Types of Distractions

Distractions may cause drivers to take their eyes off the road, take their hands off the wheel or take their mind off what they are doing. Each is dangerous.

Examples of driving distractions include:

- Talking on a cell phone
- Texting
- Eating and drinking
- Talking to passengers
- Grooming (putting on makeup or brushing hair)
- Reading, including maps
- Using a PDA or navigation system
- Watching a video
- Changing the radio station, CD or Mp3 player

Distracted Driving = Less Safe

- One third of all drivers feel less safe on the road today than they did five years ago. Many of those drivers said distracted driving was a main reason for that feeling.
- In 2008, nearly 6,000 people in the United States died in crashes involving a distracted driver. That same year, more than 500,000 people were injured.

Prevent Crashes

- Turn off cell phones or wait to check your messages until you're parked.
- Adjust the air or heat and radio while parked.
- Don't let your passengers distract you. Keep conversations short if needed.



Know the Law!

Arkansas Primary Laws:

- Drivers and passengers in the front seat must wear a seat belt.
- No texting for all drivers.
- Drivers 18-20 years old may not use a handheld cell phone for talking or texting.
- Bus drivers may not use a handheld or hands-free cell phone.

Arkansas Secondary Laws:

- No cell phone use in school and construction zones.
- Novice drivers (with Graduated License) may not use a handheld or hands-free cell phone.



In Cooperation With:

Statewide Injury Prevention Program

(501) 364-3400 or (866) 611-3445 • www.archildrens.org/injury_prevention

Sources: National Highway Traffic Safety Administration, National Safety Council